



## Be Wise... Immunize!

### *New guidelines for childhood vaccinations released*

Children and adolescents can be protected against more diseases than ever before, thanks to the development of new vaccines in recent years. To keep up with these changes, the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP) have released new childhood and adolescent immunization schedules for 2007. For the first time, the schedule will be divided into two parts: one for children from birth to six years of age and a second for those seven to 18 years of age. The change reflects the growing importance of ensuring timely vaccinations for teens.

The childhood schedule includes new recommendations for oral rotavirus vaccine, varicella (chickenpox) vaccine, and influenza vaccine. For adolescents, the immunization schedule includes a three-dose series of human papillomavirus (HPV) vaccine for girls age 11 to 12. This vaccine, known as Gardasil, can help protect females against cervical cancer later in life.

Prevention is always better than treatment. That's why Dr. Jay Berkelheimer, president of the AAP, says, "We have to be diligent about vaccinating our children against illnesses. The fact that we don't see certain diseases anymore doesn't mean they no longer exist... it simply means the vaccines are working. They will continue to work, however, only as long as we continue to immunize our children."

For a closer look at the 2007 Childhood and Adolescent Immunization Schedules, visit the American Academy of Pediatrics [Immunization Support Program](#) page.

The St. Charles County Department of Community Health and the Environment offers all required childhood immunizations. The clinic is open from 9:00 to 11:00am, and again from 1:30 to 4:00pm every day except Thursday. Hours are extended on Tuesdays until 5:30pm, and until 7:00pm on the second Tuesday of the month. Be sure to bring your child's vaccination record with you. A parent or guardian must accompany children, or call 636-949-7400 to make special arrangements.



Image courtesy of ohealthinfo.com

## Body Art: Let the Buyer Beware



Gil Copley

Body piercing and tattooing have become increasingly popular forms of personal expression over the last two decades. These practices have ancient roots, but greater public acceptance has created a widespread demand for these procedures. A University of Michigan survey of undergraduates found that 50 percent had some type of body piercing and 23 percent had tattoos.

Recently, a public health alert went out in St. Louis County, asking patrons of an unlicensed home-based tattoo and piercing business to contact their local health department. The incident illustrates the need for consumer awareness when seeking such procedures. Risks associated with tattooing and body piercing include the chance of localized infections, allergic reactions, scarring, and exposure to life-threatening blood-borne infections including HIV, Hepatitis B and Hepatitis C. Infections, when severe, may also lead to permanent disfigurement.

To read the rest of this article, click on [From the Director](#)



# Earthquake Awareness Week

## Safety tips for living in the New Madrid Seismic Zone

Many St. Charles and metro area residents still think of the New Madrid Seismic Zone as something that's "way down there." Some think that "nothing's happened" since the great quakes of 1811 and 1812. In fact, the New Madrid Seismic Zone averages a seismic event almost every other day.

Unlike most areas of seismic activity, New Madrid is not at the boundary of two moving tectonic plates. It's one of the fault's features that puzzles and fascinates experts. But the experts all agree that what happens "way down there" can have a significant effect here at home.

Missouri's Earthquake Awareness Week runs from February 1-11. During this time, the St. Charles County Division of Emergency Management is encouraging residents to take some time to make sure they are prepared and review what to do in the event of an earthquake.

When an earthquake starts, "Duck, Cover, and Hold" where you are.

- DUCK or drop down
- Take COVER under stable, sturdy furniture, like a table or desk
- HOLD on to it and be prepared to move with it until the shaking stops.

If there is no sturdy furniture available, kneel against an interior wall, bend your head close to your knees, with your arms and hands protecting your head and neck. Be sure you're not directly below heavy wall- or ceiling-mounted objects. Avoid tall, unstable furniture, like bookshelves, file cabinets, or entertainment centers. Move away from windows, or at least turn your back toward them. During earthquakes, windows have shattered with enough force to damage wood and tile. Most important, do not try to run outside!

## Looking For A New Friend?

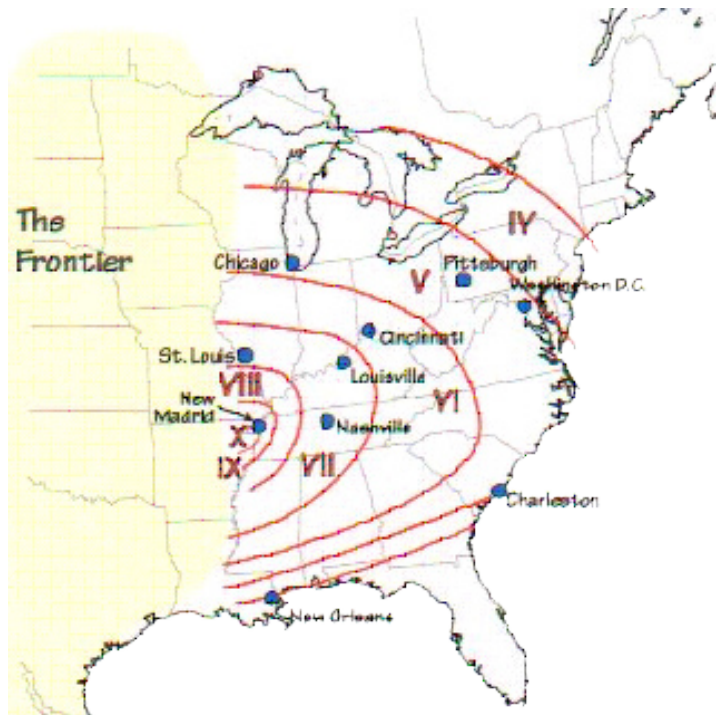
The St. Charles County Pet Adoption Center is the purr-fect place to start your search for a furry companion! To see some of the animals available for adoption, [follow this link](#) to our page at Petfinder.com, our partner in finding homes for animals. We upload new images frequently so check back often!



The Pet Adoption Center serves St. Charles County through sheltering and adopting animals, providing owner education, animal control services, and investigation of incidents involving animal cruelty and neglect. Visit the Pet Adoption Center at 4850 Mid Rivers



Mall Drive in St. Peters, just three miles south of Mid Rivers Mall, Monday through Saturday from 10:00am to 5:00pm. For more information call 636-949-PETS (7387).



Effects from the 1811-12 New Madrid earthquake events were felt as far away as New York City, Washington, DC, and New Orleans.

Graphic courtesy Department of Earth and Atmospheric Sciences, St. Louis University

### For More Information...

[Taking Cover During an Earthquake](#)

[Preparing Your Home or Office Before an Earthquake Strikes](#)

[Earthquake Awareness Week Events](#)

## NATIONAL WEATHER SERVICE STORM SPOTTER TRAINING



SATURDAY, MARCH 10  
9:00-11:30AM  
ST. CHARLES COUNTY ADMINISTRATION BLDG.  
201 N. SECOND ST., ROOM 115

TO REGISTER, CONTACT  
INA McCAINE-OBENLAND AT  
(636) 949-7352 OR BY E-MAIL AT  
EMATRRAIN@MAIL.WVA.ORG

## “Ready in 3” Pandemic Flu Community Guides Available

By now, you’ve probably heard about pandemic influenza, also known as pandemic flu. There were three serious pandemics in the 20th century that killed millions of people. Because flu pandemics tend to occur in cycles, experts believe another one will strike sometime in the future.

The prospect of millions of people falling ill can be frightening, but there are some things you can do to protect yourself against this serious threat. To help citizens meet the challenge, the Missouri Department of Health and Senior Services is offering a “Ready in 3” Community Guide on preparing for pandemic flu. These brochures are available for free by contacting the St. Charles County Department of Community Health and the Environment at 636-949-7400, or by logging on to [dhss.mo.gov/Ready\\_In\\_3](http://dhss.mo.gov/Ready_In_3).

**A World of Health Information...  
At Your Fingertips!**

**St. Charles County Department of  
Community Health and the Environment**

**Cervical Health Awareness**

**February is American  
Heart Month**

## A New Identity for Public Health

Along with our other changes, you may have noticed something else new on the first page. The St. Charles County Department of Community Health and the Environment is joining other public health agencies across the United States in adopting the “National Identity for Local Public Health.” This logo and tag line, developed by the National Association of City and County Health Officials (NACCHO), is intended to “promote universal recognition of and support for the critical importance of local health departments.”

NACCHO’s Committee to Promote Public Health recognized the need to develop a consistent image and message for local governmental public health nationwide that would complement the local image and message of diverse local health departments. The symbol and tag line were selected from among a range of alternatives on the basis of a number of vitally important criteria. These were:

- Is it recognizable?
- Is it memorable?
- Is it enduring?
- Does it follow the research results?
- Will it stand for public health?

The colors blue, white, and khaki were chosen because of their longstanding connection with public health and health in general. In 1749, the first blue and yellow flag was flown to request help from the maritime health service and

blue uniforms have always been worn by public health nurses and the U.S. Public Health Service. These colors are associated with integrity, authority, and stability. They symbolize the legacy and steadfast qualities of public health.

The three-pointed shield and stylized plus symbol illustrate what the tag line conveys: prevention, promotion, and protection. These icons have universal recognition associated with health, with protection, and with growth. The three point symmetry reinforces the three core functions of public health.

The tag line is a simple, elegant statement about what public health does and what public health achieves. “Prevent, Promote, Protect” is a phrase that embraces everything that public health accomplishes and communicates it in a simple way that differentiates public health as both a sentinel and responder.



## “Flu Bug” Still Active

Influenza is still active in St. Charles County. As of January 29, there were 466 cases of flu reported in the county. Kristy Baumgart, the St. Charles County epidemiologist, believes the peak has passed, but infections are still occurring, and there could be a second peak later this season.



To protect yourself, be sure to wash your hands frequently, especially after contact with someone who has the flu. You may also want to consider getting a flu shot. Health care providers typically begin offering the vaccine in October.

### Helpful Phone Numbers

Division of Public Health	636-949-7400	Division of Emergency Management	636-949-3023
Health Education	636-949-7401	Division of Environmental Services	
Vital Records	636-949-7558	Recycling Services	636-949-7415
STD Prevention/Treatment	636-949-7401	Division of Humane Services	636-949-7387
Environmental Health	636-949-7404	Animal Control	636-949-7347
WIC	636-949-7402		